

Spanish Speaking Mental Health Resources **in Asheville Area**

Individual Therapists



Dr Michelle Alvarez, PsyD (Asheville)

Telephone: (828) 827-7924 (828) 82-PSYCH

Website: <https://drmichellealvarez.com/>

Services: She provides psychotherapy and/or talk TALKyoga – therapy with yoga. She is a geropsychologist working with children, adolescents. Her work focuses on trauma. Private pay only, sliding scale available.



Megan Jackson, LCSW (Asheville)

Telephone: (828) 484-6553

Website: <https://meganjacksonlcsw.com/>

Services: She works with adults of all ages. She offers culturally sensitive counseling, CBT, as well as CBT for Insomnia, EMDR, Trauma Resiliency Model, offers Triple P Parenting skills, incorporates mindfulness into her work as well as teaches coping skills. She is deeply committed to social justice and seeks to provide a welcoming, comfortable, and affirming space for all. She is in process of becoming paneled with BCBS and Medcost; offers several sliding scale appointment slots for people without insurance.



Kat Oliveira, LPC (Arden)

Telephone: (828) 820-2277

Website: <https://innercolorscounseling.com/>

Services: Holistic approach to counseling; focuses on adolescents/teens and adults. She enjoys working with clients who are going through major life changes, such as endings or changes in current relationships, gender or sexuality issues, divorce, grief, career changes, as well as anxiety, depression, trauma, and PTSD. BCBS provider, out of network for all other insurance plans.



T.J./Tanya Stiers, LCSW (Asheville)

Telephone: (828) 713-7804

Services: T.J. works with adolescents, adults, and families. GLBTQ friendly. TJ is trained in EMDR and accepts Blue Cross/Blue Shield, Crescent, MedCost, Cigna, Medicare, and Aetna.



Ariel Shumaker-Hammond, MPH/LCSW (Asheville)

Telephone: (828) 970-8837

Website: <https://www.arielshumakerphotography.com/>

Services: She works with perinatal mood and anxiety disorders, adolescents, women experiencing transitions in their lives, couples counseling. Trained in various modalities, including EMDR and Child Parent Psychotherapy. She accepts BCBS, Healthgram, Aetna and Cigna.



Jon Jay Esslinger, LPC, LCAS (Asheville)

Telephone: (828) 283-0008

Website: <http://serviceforgrowth.com/>

Services: He is an adult and child clinical specialist, focusing on helping people overcome relationship struggles, family/parenting challenges, depression and other emotional challenges. He is also a licensed clinical addictions specialist and is familiar with working with the anxieties and other emotional challenges inherent in many of our lives. He accepts Medicaid, Blue Cross Blue Shield, Aetna and Medcost.



Susanne Walker Wilson, LCSW, LCAS (Asheville)

Telephone: 828-450-1052

Services: She specializes in attachment, parenting and trauma and she see adults and adolescents. She utilizes EMDR, IFS, Polyvagal and Reconnect for Resilience tools. She accepts BCBS, United HealthCare, Medicaid, and sliding scale as needed.



Katie Roberts, LCSW (Asheville)

Telephone: (828) 484-4152

Website: <http://www.katierobertstherapy.com/>

Services: She specializes in Trauma and PTSD (EMDR and resiliency Model), anxiety and depression. She accepts BCBS insurance.



Bianca Ingrid Gragg, LCSW-A (Asheville)

Telephone: (828) 481-8824

Services: She specializes in parenting, racial identity, and women's issues. Works with individuals, couples, and families. Operates on a sliding scale if needed.



Dayle Benedetti, LPC (Hendersonville)

Telephone: (828) 376-0000

Website: <http://www.fosteringrealchange.com/>

Services: She works with families, couples, children, and individuals. She accepts NC Health Choice, Blue Cross/Blue Shield, AETNA, United Behavioral Health and is able to accept/file out-of-network insurance, too. For those who do not have health insurance, she has a sliding fee scale from \$35 - \$105.



Dr Anna Margarita Cebollero, Psychologist (Hendersonville)

Telephone: (828) 692-7300

Website: www.mountaincounseling.com

Services: She offers individual and family counseling. She accepts Blue Cross/Blue Shield, Cigna, Medicaid, Medicare, and North Carolina Health Choice.



Damaris Cortes-Figueroa, LPCA, NCC, QP (Hendersonville)

Telephone: (828) 489-7002

Website: <http://www.dcwellnessinc.org/>

Services: She is a trilingual (English, Spanish, and American Sign Language) therapist. She provides individual and family therapy for clients regardless of age, gender, race, or socio-economic status. She works with children and adult with Autism Spectrum Disorder (ASD), and domestic violence victims. Her theoretical orientation is integrative and is most heavily influenced by the Cognitive Behavioral, Dialectical Behavioral, Person-centered, Seeking safety, Motivational Interviewing, Individual Psychology, and solution-focused approaches to counseling. She pursues a safe, ethical, and consistent relationship with her clients while challenging the client to observe the ways in which the client's thinking impacts their world. Her areas of competence include psycho-education, play, breathing techniques, trauma, and relationship enhancement. She accepts Medicaid, Blue Cross and Blue Shield, and cash.

Mario Moraga, LCAS (Asheville and Hendersonville)

Telephone: (828) 606-1718

Services: He provides out-patient substance use disorder assessments and outpatient services. Most of his clients are court ordered. First, send a text and then he will contact you. Sliding scale fee available on a case by case basis.

Agencies/Clinics

Access Family Services (Multiple Counties)

Contact: Katrina Fabbro, Office Manager (828) 670-7723

Rosana Sullivan, LCSW Intensive In-Home Services Clinical Supervisor

Telephone: (828) 670-7723 Ext 223

Website: <https://accessfamilyservices.com/>

Services: This organization offers intensive in-home services for families in crisis serving children and adolescents. They offer individual and family counseling in both a school based and out-patient setting. They provide medication management for their clients only.

All Souls Counseling (Asheville)

Contact: Bonnie Siegel, LCP, Therapist

Telephone: (828) 318-5359

Website: <http://allsouls counseling.org/>

Services: She offers counseling to individuals, couples, and families. She works on Wednesdays in the mornings, Thursdays, and occasionally on Fridays. Payment is on a sliding fee scale basis. This organization only accepts clients who do not have health insurance or who are under-insured.

Catholic Charities (Asheville)

Contact: Scott Meltsner, LPC, Therapist

Telephone: (828) 255-0146 x 23

Website: <https://ccdcc.org/en/services/counseling>

Services: He serves children, adolescents, adults, and couples. He specializes in EMDR, anger management, and trauma related issues. He works on Monday, Wednesdays, Thursdays, and Fridays. Payment is on a sliding fee scale basis and does accept Blue Cross Blue Shield.

Helpmate: Domestic Violence Services (Asheville)

Contact: Carolina Robles, MSW, LCSWA

Telephone: (828) 254-2968 ext 125; **Crisis Line:** (828) 254-0516

Website: <https://helpmateonline.org/espanol/>

Services: Helpmate offers free individual counseling services in English and Spanish for people who have experienced or are experiencing intimate partner violence. Carolina facilitates the Latina Support Group that meets every Wednesday 5:30pm-7pm. Helpmate also offers case management services, court advocacy, crisis intervention, and shelter for people in immediate danger. People may also contact the 24 hour Helpmate Crisis line for immediate assistance.

Horse Sense of the Carolinas, Inc. (Asheville)

Contact: Talia T. Aguayo Bermúdez, LMFT

Telephone: (828) 683-7304

Website: <https://www.horsesenseotc.com/>

Services: Equine Assisted Psychotherapy. Accepts Private Pay, and BCBS. Provides services for Individuals from ages 6yrs. old and up, Family Therapy, Couple's Therapy, and Group Therapy.

MAHEC Family Clinic (Asheville)

Contact: Mary Lynn Barrett, LCSW, MPH, Therapist

Telephone: (828) 771-3437

Website: <https://mahec.net/residency-and-student-info/residency-programs/family-medicine-asheville>

Services: She only serves those who are patients of MAHEC Family Clinic. She offers individual counseling for children and adults. She specializes in working with a variety of emotional problems such as depression, anxiety, and PTSD. She works with in integrated care model. She is a Somatic Experiencing Practitioner and is trained in the Trauma Resiliency Model as well.

Our Voice (Asheville)

Contact: Rebecca L. Withrow, Ph.D., LPC

Telephone: (828) 252-0562; **24 hr. Crisis Line:** (828)-255-7576

Website: www.ourvoicenc.org/espanol

Services: Our VOICE offers short-term individual and group counseling focused on healing from sexual violence. We serve both primary *and* secondary survivors (loved ones and support people) age 13 and up, of all genders. Services are offered free of charge and are available in English and Spanish. Our VOICE also offers crisis intervention, court, law enforcement and hospital advocacy for survivors.

The SPARC Foundation (Asheville)

Contact: Benjamin Gifford

Telephone: (828)-620-0257

Website: www.thesparcfoundation.org

Services: Domestic Violence Intervention Program (for those convicted of domestic violence).

Blue Ridge Community Health Services (Hendersonville)

Contact: Anna Mamo, LCSW

Telephone: (828) 692-4289

Website: <https://www.brchs.com/services-programs/behavioral-health/>

Services: Mindfulness Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Solution-Focused Therapy. She works with children and adults for managing behavioral health issues with focus on Anxiety/Depression management, anger/stress management, OCD management and ADHD management. Languages spoken English, Italian and Spanish.

Carolina Pediatric Therapy (Arden, Hendersonville, Brevard)

Contact: Anne McLenore, Behavioral Therapist; Sally McCoy, Physical Therapist; Tess Frierson, Speech Therapist; Kim Hunt, Speech Therapist;

Telephone: (828) 670-8056 Main Number; (828) 538-4720 Ann McLemore

Website: <https://www.carolinapedts.com/pediatric-behavioral-health>

Services: Now offering behavioral health, occupational therapy, speech therapy, and physical therapy. Accepting private insurance and Medicaid.

Henderson County Health Department (Hendersonville)

Contact: T.J. Stiers, LCSW, Therapist

Telephone: (828) 694-6111

Website: <https://www.hendersoncountync.gov/health>

Services: T.J. offers services to anyone who is a Health Department patient and a Henderson County resident including children, pregnant women, and anyone receiving family planning services.

Safelight (Hendersonville)

Contact: Shalom Littrell, MSW Bilingual Counselor

Telephone: (828) 693-3840

Website: www.safelightfamily.org

Services: This organization provides specialized services to help men, women, and children recover from sexual violence and domestic violence. Shelter, Crisis intervention, counseling, information and referral services, hospital accompaniment, law enforcement and court support are available in Spanish.

Appalachian Community Services (Waynesville)

Contact: Dr. Betty Aldecoa, Neuro-Psychologist; Juan Rodriguez, therapist

Telephone: (828) 452-1395

Website: acswnc.com

Services: Dr. Aldecoa provides psychological and neuropsychological testing per request. Juan Rodriguez is a therapist who sees primarily adults. Mr. Rodriguez works primarily in Clay County.

30th Judicial District Domestic Violence/Sexual Assault Alliance (Waynesville)

Contact: Emily Pulley

Telephone: (828) 400-0551

Services: This organization is open to everyone that provides support services for victims of domestic violence and sexual assault. They offer therapy for adult and child victims as well as courtroom and legal advocacy.

Additional Services

Alcoholics Anonymous

Contact Name: Jose Luis Gonzalez

Telephone: (828) 273-6053

Services: This is an open group to support people who want to quit drinking. The group meets Wednesdays and Saturdays. Call for more information

Buncombe County Public Schools, Migrant Education Program (Asheville)

Contact: Ina Jones; Nancy Moore; José Infanzón Chávez - Migrant Outreach

Specialist/Recruitment

Telephone: Ina Jones: (828) 776-1911; Nancy Moore: (828) 255-5998; Jose Infanzon Chavez: (828) 777-2297

Website: www.buncombeschools.org/departments/curriculum_instruction/migra

Services: Migrant children move often and struggle with interrupted schooling and high exposure to health risks due to the nature of their parents' employment. The Migrant Education Program of Buncombe County Schools provides free and confidential services to qualified families and individuals who have recently moved to Buncombe County and work or have worked in agriculture. This includes work in the fields in planting, cultivating, harvesting, or packing agricultural products, work in a nursery, dairy farm, harvesting trees, raising animals, fishing, meat-packing plant, etc. Services include tutoring, free ESL materials and bilingual books, academic enrichment and leadership activities, interpretation, transportation to medical appointments and linkage to community services. Participants may be in school or out of school between the ages of 3-21. Please see their Facebook Page at Buncombe Co Migrant Education.

First/CIS Buncombe (Asheville)

Telephone: (828) 252-4810

Website: <https://childrenfirstcisbc.org/>

Services: Open to all Latinos of Buncombe County. Available for Latinos living in Emma neighborhood and with children in the home have access to these additional services: Food Pantry: families can get a food box twice a month; Clothing Closet also available: gently used clothes for children; Emergency Assistance: limited funding is available to avoid eviction and disconnection of services

CIMA: Compañeros Inmigrantes de las Montañas en Acción (Asheville)

Contact: Bruno Hinojosa

Telephone: (828) 713-5124

Website: <https://cimawnc.org/>

Services: Compañeros Inmigrantes de las Montañas en Acción (CIMA) connects, strengthens and organizes communities to take action for immigrants' rights in Western North Carolina. CIMA strives for inclusive communities with justice, freedom, and equality for all. Their objectives are to stop anti-immigrant laws and policies, including state-wide hate bills and police-ICE collaboration, obtain equal access to drivers' licenses in North Carolina and stop workplace abuse and mobilize for workplace justice.

On Track (Asheville, Hendersonville)

Telephone: (828) 348-3206

Website: ontrackwnc.org/español

Services: offering help and support about any financial questions

El Centro (Hendersonville)

Contact: Sergio Fernandez

Telephone: (828) 290-7134 ext. 6

Website: www.elcentrolac.org

Services: Helps Latino residents with education, mental health services and advocacy. Offers a high-school equivalency program, in Spanish with locations in Hendersonville and Asheville, also offers English and Spanish conversational classes. Mental Health services include free counseling sessions, and educational groups in trauma, domestic violence, and goal settings and self-worth.

Henderson County Public Schools, Migrant Education Program (Hendersonville)

Contact: Evelyn Alarcon, ESL Liaison

Telephone: (828) 388-2632

Website: <http://www.hendersoncountypublicschoolsnc.org/esl-migrant/>

Services: Serving migrant and seasonal farm worker families with educational services and support services. To be eligible, students and out-of-school youth must be between 3-22 years old and have moved to find agricultural work in the last 3 years. Services for those who qualify include: After school tutoring, GED in Spanish and English, summer enrichment programs, interstate coordination with migrant students' other schools, school registration assistance, higher education access, family literacy classes for parents, pre-school and kindergarten readiness, translation and interpretation, donations of mattresses, food, and clothes, advocacy and referrals to other services

Henderson County Public Schools (Hendersonville)

Contact: Noel Griffin

Telephone: (828) 808-6743

Services: Noel is stationed at Dana Elementary School, Sugarloaf Elementary School, and North Hendersonville High School. Noel works to improve communication between families and the schools, connecting families to resources such as food, counseling, medical services, rent and bill assistance

True Ridge (Hendersonville)

Contact: Rene Hernandez, Client Advocate; Talia C. Cruz, Intake

Telephone: (828) 205-1170

Website: www.trueridge.org

Services: True Ridge educates, coordinates and provides aids and services to people in the community. Specifically, we provide domestic violence support/case management, support groups, counseling, mediation and help with legal issues. We provide education for parents and students and help connect students to financial resources for continuing education. Please call for more information

Western Carolina Community Action (WCCA); Head Start, Early Head Start (Hendersonville)

Contact: Manuel Davila (Bilingual)

Telephone: Office: (828) 693-1711; Cell (828) 450-0441

Website: www.wcca.net

Services: WCCA Head Start/Early Head Start/NC Pre-K is a program that serves pregnant women, children ages 0-5 years old and their families who are income eligible. This comprehensive program assists families living in Henderson, Polk and Transylvania counties with school readiness (center and home base programs), case management services, and tracking concerns related to developmental delays/disabilities, mental health, and health/nutrition.

VAYA (Multiple Counties)

Telephone: (800) 849-6127

Services: This organization is to help client looking for appropriate mental health, developmental disabilities, and drug and alcohol treatment services.

2-1-1 (Multiple Counties)

Telephone: 211 from landline or cell phone

Services: Call 211 from either a land line or cell phone. This is a resource designed to help you look for services within the community.

Norma Duran Brown

Telephone: (828) 775-4191

Service: She works serving the Latino community in various ways.

Legal Assistance

Pisgah Legal Services (Multiple Counties)

Telephone: (828) 253-0406

Services: offering legal counseling to lower income people; all services provided in Spanish

Elisa Jarrin

Telephone: (828) 693-5824

Service: Immigration Attorney. Call for information regarding immigration services/legal issues

George Pappas (Hendersonville)

Service: Immigration Attorney

Telephone: 828-394-2242; attorney.gpappas@gmail.com

Rob Hill (Asheville)

Service: Immigration Attorney

Telephone: 210-8171

Services: call for information regarding immigration services/legal issues

***FOR QUESTIONS REGARDING THIS LIST,
OR IF YOU WOULD LIKE TO BE ADDED TO THE LIST,
PLEASE CONTACT:
T.J Stiers: 828-713-7804***

